

MENU





ALL DAY

Toasted Bread (v) \$6.5 White sourdough, soy linseed, white high-top, brown

high-top or raisin bread. Choice of butter, jam, Nutella, Vegemite, or peanut butter Gluten free option available (\$7.50)

2 Eggs your way (V) \$12 Poached, fried or scrambled, sourdough toast

Avocado Toast (V) 2260kj \$15

Avocado, cherry tomatoes, Danish feta, pepitas, mint, balsamic glaze, soy linseed toast Gluten free option available (\$16)

Brekkie Burger 2380kj \$16

Bacon, fried egg, baby spinach leaves, tomato relish, aioli, milk bun

add ons: hash brown (\$5)

French Croissant 2050kj \$16

Smoked ham, swiss cheese, tomato, roasted mushrooms, wilted spinach

Granola Bowl (V) 2800kj \$14

Seasonal fruits, vanilla bean yogurt, honey

Acai Bowl (v, DF) 5040kj \$18

Granola, banana, apple, berries, chia seeds, shredded coconut

Coffee Caramel Waffles (v) 4480kj \$19

Belgium waffles, signature coffee caramel sauce, brûléed banana, berries, vanilla ice cream add on: whipped cream (\$1), bacon (\$6)

Pancake Stack (v) 3210kj \$18

Stacked pancakes, strawberry coulis, vanilla cream cheese, strawberries, blueberries, biscuit crumb, vanilla ice cream

add ons: whipped cream (\$1)

Big Brekkie 4750ki

\$24

2 eggs your way, sourdough toast, bacon, chorizo, cherry tomatoes, wilted spinach, roasted mushrooms add ons: two hash browns (\$5)

Omelette (V) 2120kj

\$15

\$18

Cherry tomatoes, roasted mushrooms, wilted spinach, swiss cheese, sourdough toast add ons: smoked ham (\$5), smoked salmon (\$6), or bacon (\$6)

Roasted Mushroom Toast (V) 2030kj

Chargrilled red capsicum, Danish feta, basil pesto, truffle oil, soy linseed toast

Eggs Benny \$22

Choice of smoked salmon (2600KJ), ham (2500KJ), or bacon (2810KJ) with two poached eggs, wilted spinach, chive hollandaise, sourdough toast

Corn Fritter (v) 2370kj

\$16

\$8

\$8

\$8

\$10

Halloumi, avocado, baby spinach, tomato relish add ons: two eggs (\$5), bacon (\$6)

EXTRAS

Bacon, chorizo, smoked salmon, Danish feta, halloumi \$6

Two eggs, smoked ham, avocado, roasted mushrooms, cherry tomatoes, hash brown \$5

FOR THE LITTLE ONES

(UNDER 12)

Ham & Cheese Toastie 2140kj
Ham & melted cheese

Eggs on Toast

1 white toast with eggs your way

Healthy Plate 2100kj

Cheese soldiers, avocado, tomato

Waffle or Pancakes

Vanilla ice cream, nutella sauce, sprinkles

The average daily adult intake is 8700kj.

V = Vegetarian, GF = Gluten free, DF = Dairy free

We will do our best to cater for your dietary requirements and allergy concerns.

We are unable to guarantee that any menu item can be completely free of allergens.

LUNCH

FROM 11:30

Southern Grilled Chicken Burger 4250kj \$19 Herb slaw, cheese, bacon, pickles, chipotle mayo, milk bun with shoestring fries

Beef Burger 4750kj \$21

Bacon, cheese, tomato, lettuce, pickles, signature burger sauce, milk bun with shoestring fries

Salmon on Sourdough 2820kj \$20

Smoked salmon, chive cream cheese, avocado, red onion, cherry tomatoes, baby spinach, pepitas, balsamic glaze

add ons: two poached eggs (\$5)

Beetroot & Halloumi Salad (v) 1990kj

Halloumi, rocket, grains, baby beetroot, snow pea sprouts, balsamic glaze

add ons: smoked salmon (\$6), grilled herb chicken (\$6)

Chicken Melt 2970kj \$19

Grilled chicken breast, avocado, tomato, swiss cheese, sourdough toast

BUILD YOUR OWN NOURISH BOWL \$20

Choose four fillings:

Baby spinach, grains, rocket, snow pea sprouts, cherry tomatoes, roasted mushroom, avocado, chargrilled red capsicum, baby beetroot

Choose one protein:

Halloumi, smoked salmon, chicken breast, two eggs, bacon, chorizo

Choose one sauce:

Pesto mayo, aioli, balsamic glaze, chipotle mayo

WRAPS

Chicken, Bacon & Avo 2320kj

Grilled chicken breast, bacon, cos lettuce, tomato, avocado, aioli

Veggie (v) 1290kj Halloumi, baby spinach, tomato, chargrilled red

Halloumi, baby spinach, tomato, chargrilled red capsicum, pesto mayo

Salmon Wrap 1730kj \$14

Smoked salmon, chive cream cheese, baby spinach, red onion, avocado

SIDE

Side of Fries 734kj \$5

Bowl of Fries 1650kj Tomato or barbecue sauce

EXTRAS

\$18

\$14

Bacon, chorizo, smoked salmon, chicken, Danish feta, halloumi

\$6

Two eggs, smoked ham, avocado, roasted mushrooms, cherry tomatoes \$5

FOR THE LITTLE ONES

(UNDER 12)

Cheese Burger 3260kj

\$13

Burger patty, cheese, barbecue sauce, with a side of shoestring fries and tomato sauce

Chicken Burger 2640kj

\$13

Grilled chicken, cheese, lettuce, tomato, aioli, with a side of shoestring fries and tomato sauce

Chicken Sandwich 1870kj

\$13

Grilled chicken breast, lettuce, aioli



Hot Drinks

	Small	Reg	Lge
Flat White	\$4.50	\$5.00	\$5.50
	588kj	841kj	1083kj
Cappuccino	\$4.50	\$5.00	\$5.50
	521kj	801kj	1069kj
Latte	\$4.50	\$5.00	\$5.50
	548kj	828kj	1096kj
Mocha	\$5.00	\$5.50	\$6.00
	810kj	1353kj	1183kj
Long Black	\$4.50	\$5.00	\$5.50
	5kj	8kj	9kj
Short Black	\$3.60 3kj		
Piccolo	\$4.10 189kj		
Macchiato	\$3.90 28kj		
Hot Chocolate	\$5.00	\$5.50	\$6.00
	923kj	1349kj	1976kj

\$5.00 645kj	\$5.50 1023kj	\$6.00 1389kj					
\$4.50 Okj	,	,					
\$4.50 Okj	\$5.00 Okj	\$5.50 Okj					
\$2.00 260kj							
EXTRAS							
	\$4.50 0kj \$4.50 0kj \$2.00 260kj	\$4.50 Okj \$4.50 Okj \$4.50 Okj \$2.00 260kj					

Small

Reg

\$0.90

\$0.90

\$0.90

\$0.90

Lge

Cold Drinks

	Reg	Lge		Reg	Lge
Iced Coffee	\$6.00 1334kj	\$6.60 1690kj	Milkshake Vanilla, Strawberry,	\$4.80 1656kj	\$5.30 2005kj
Iced Mocha	\$6.50 2721kj	\$7.10 3480kj	Chocolate, Caramel		
Iced Chocolate	\$6.10 2717kj	\$6.80 3475kj	Smoothie Mango, Berry	\$6.90 1140kj	\$7.90 1710kj
Chilled Long Black	\$4.80 4kj	\$5.30 5kj	Breakfast, Banana	<u></u>	\$7.00
Chilled Latte	\$5.30 403kj	\$5.80 670kj	Crush Tropical, Strawberry Mint	\$6.90 501kj	\$7.90 751kj
Chilled Mocha	\$5.80 1048kj	\$6.30 1530kj	Iced Tea	\$5.10	\$5.60
Espresso Frappe	\$6.40 861kj	\$7.10 947kj	Juice	676kj \$4.70	902kj
Mocha Frappe	\$6.70 1506kj	\$7.40 2042kj	Soft Drinks	\$4.70	
Chocolate Frappe	\$6.40 1503kj	\$7.10 2040kj	Sparkling Water	\$4.30	
Caramel Frappe	\$6.40 1506kj	\$7.10 2044kj	Still Water	\$3.50	

Shot

Decaffeinated

Soy, Almond, Lactose-free

Vanilla, Caramel, Hazelnut Syrup